



## Contents

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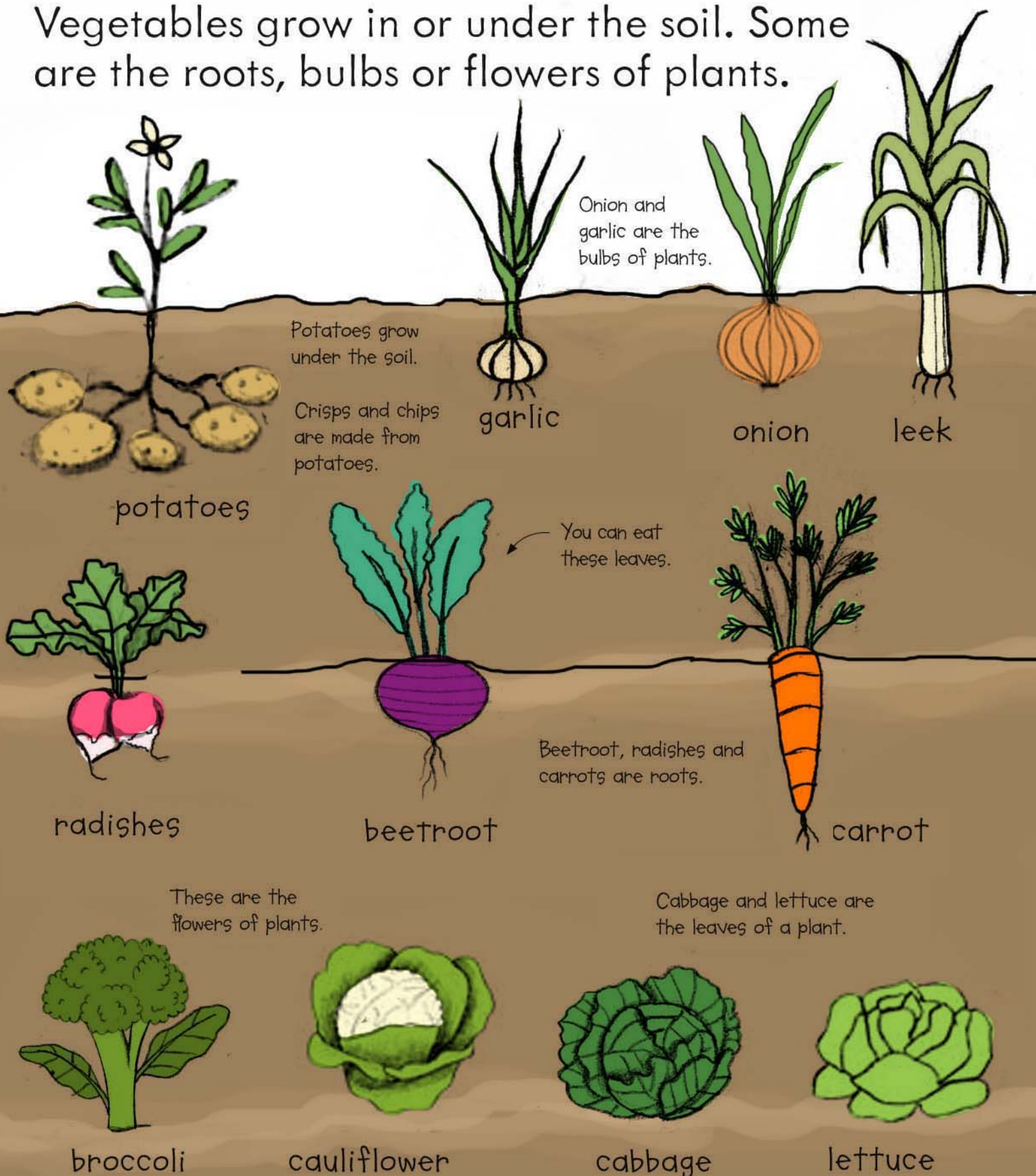
Designed by Francesca Allen

You will find all the stickers in the middle of the book.  
Add something about internet-links

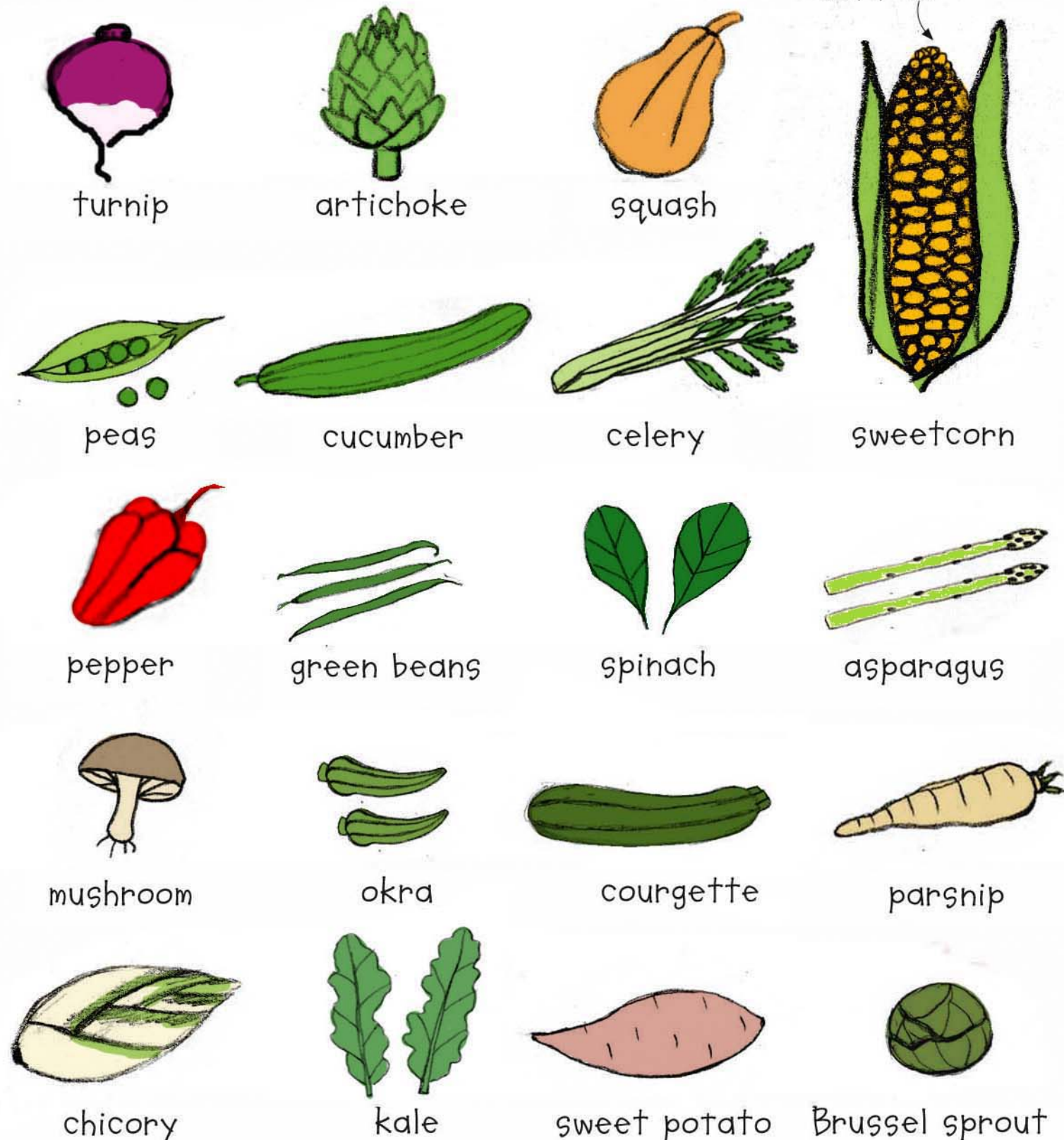


# How vegetables grow

Vegetables grow in or under the soil. Some are the roots, bulbs or flowers of plants.



You can grow most vegetables from seeds. They need sunshine and water to grow.





# Fruits of the world

Fruit grows on trees, bushes and plants.  
Which of these have you tried?



apple



pear



cherries



plum



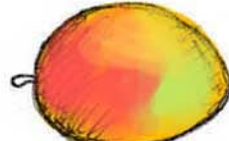
peach



banana



orange



mango



grapefruit



apricot



lemon



lime



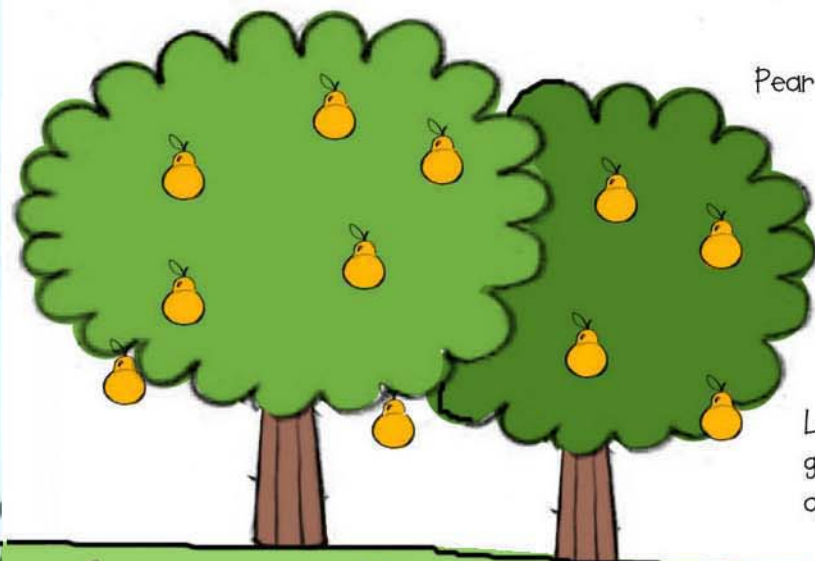
grapes



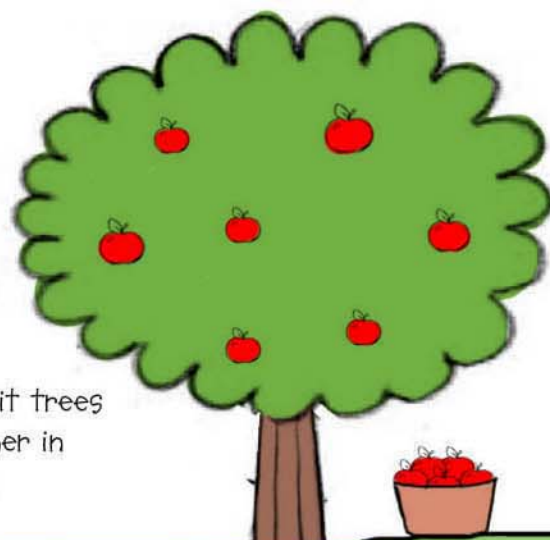
raspberry



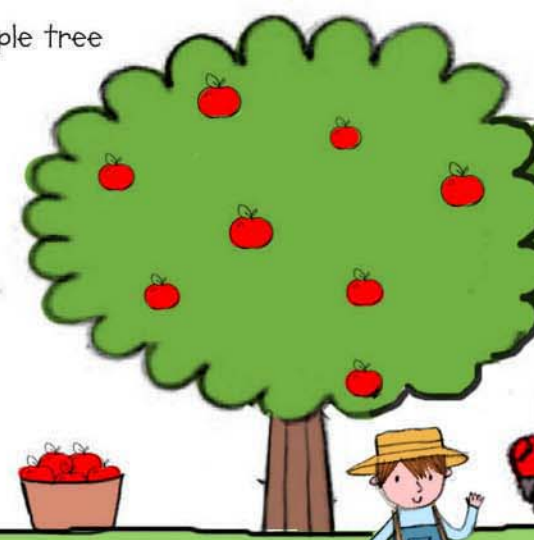
strawberry



Pear trees



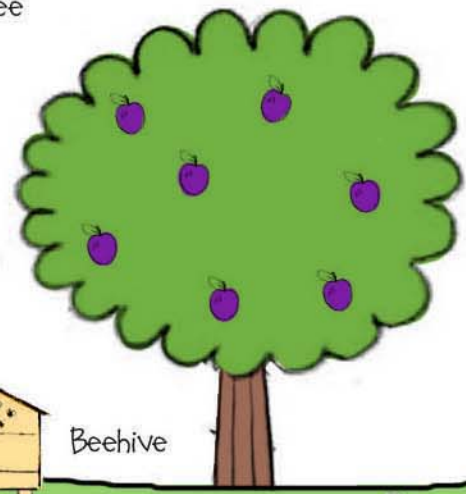
Apple tree



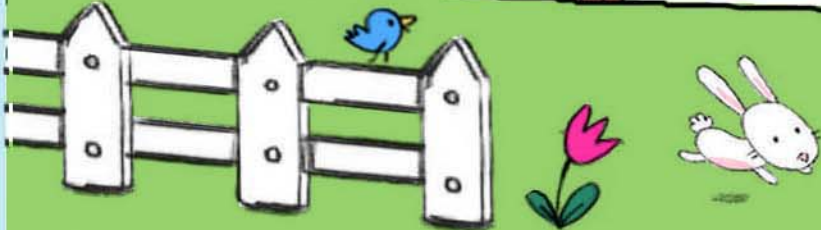
\*Crate of fruit



Plum tree



Beehive



Add some more fruit trees to this orchard.

## Jam jar puzzle

You can make jam from soft fruits such as plums and berries.

Can you put the right label on each jar?



plum jam



cherry jam



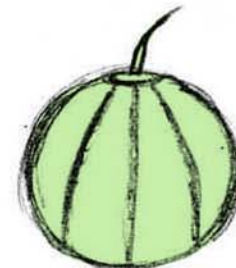
strawberry jam



raspberry jam



pineapple



melon



aubergine

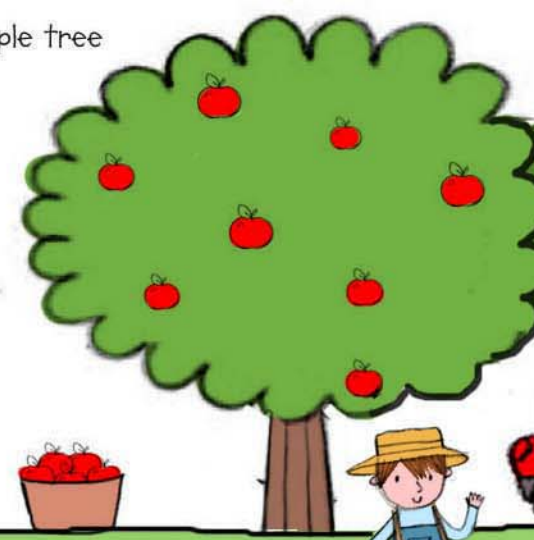


pumpkin



tomato

These are fruits, but you can eat them as vegetables.



Tractor



Fruit-picker



# Milk and dairy foods

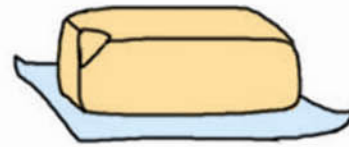
These foods, called dairy products, are made from milk. Can you add the right pictures?



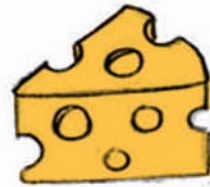
cream



yogurt

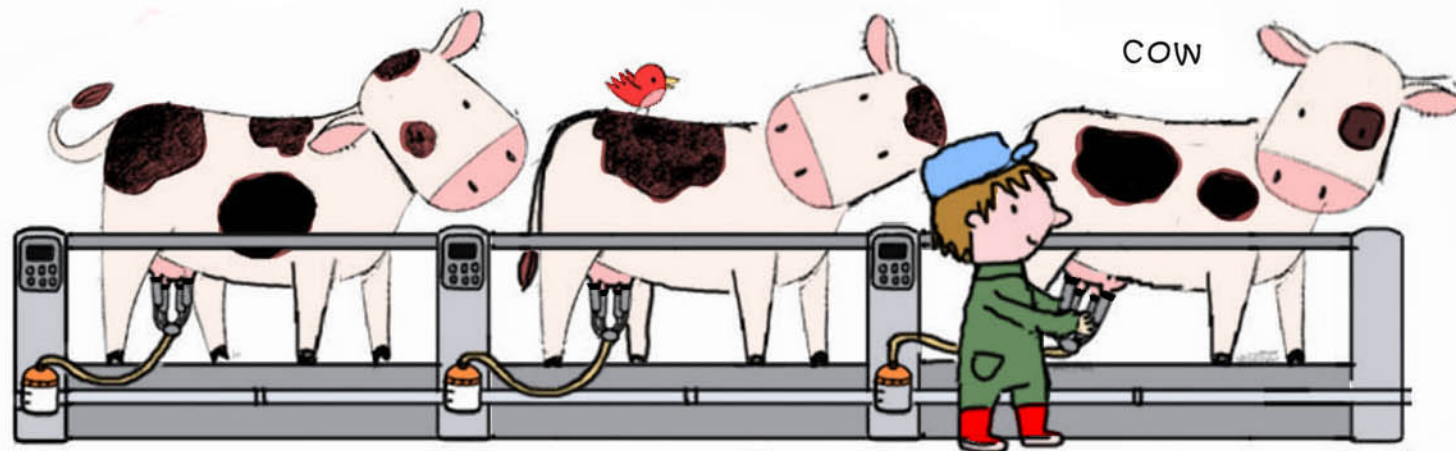


butter



cheese

Most milk comes from cows. They go to a milking shed each day so the farmer can milk them.



milking machines

farmer



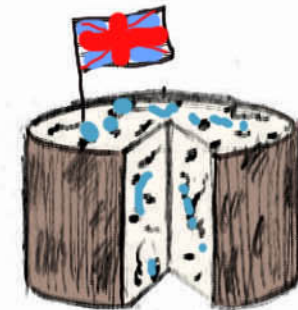
A truck called a milk tanker takes the milk from the farm to a place called a dairy.



At the dairy the milk is heated to kill germs. Then it is put into bottles or cartons to sell.

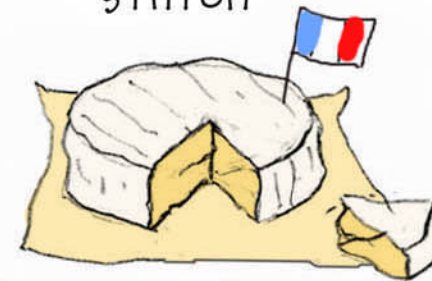
## A choice of cheese

Many different kinds of cheeses are made from cow's milk. Which one would you choose to eat?



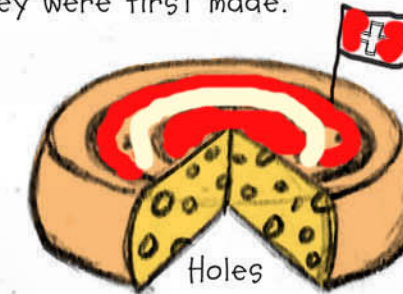
stilton

Blue mould gives this a strong taste.

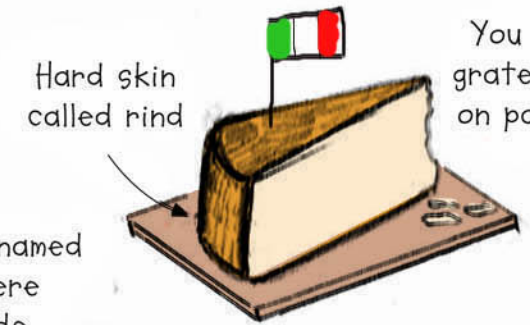


camembert

Many cheeses are named after the place where they were first made.



emmental



parmesan

You can grate this on pasta.

Soft, white and lumpy

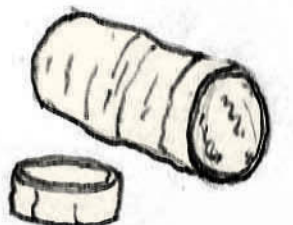


cottage cheese

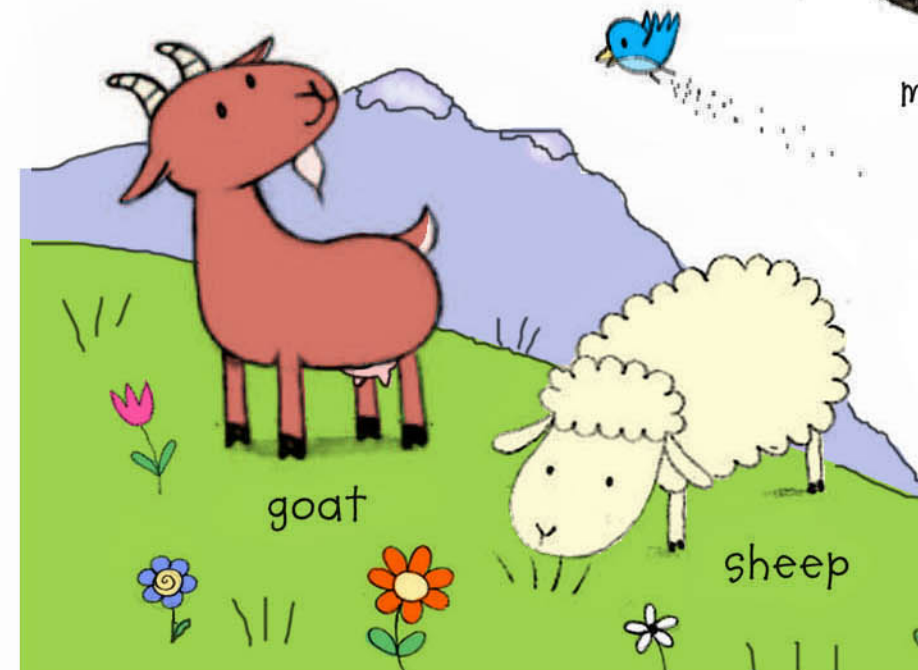
Some cheeses are made from sheep's or goat's milk too.



manchego



goat's cheese

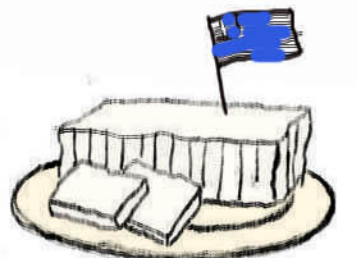


goat

sheep



ricotta



feta



# All about eggs

Most of the eggs that we eat come from hens. Hens lay their eggs in a henhouse or barn.

cockerel

henhouse

eggs

hens

chick

Chicks are baby hens.

duck

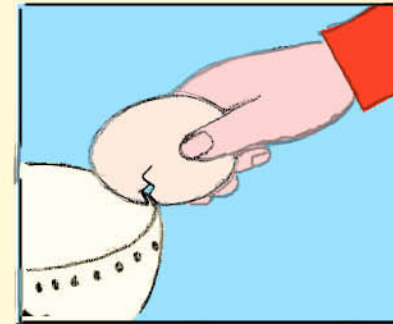
You can eat these birds' eggs too. Their eggs are bigger than hens' eggs.

goose

basket

The farmer collects the eggs and puts them in xxxxx.

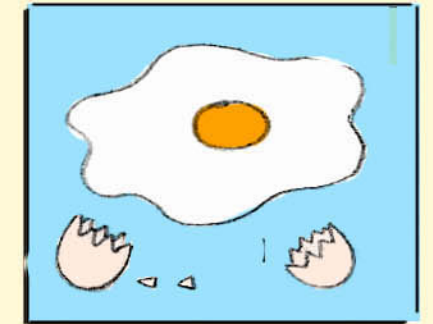
## How to break an egg



Hold the egg in one hand. Knock it firmly on the rim of a bowl.



Put your thumbs into the crack and pull the shell apart.



Let the clear 'white' and yellow yolk slide into the bowl.

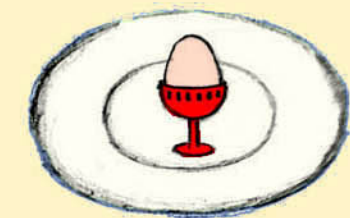
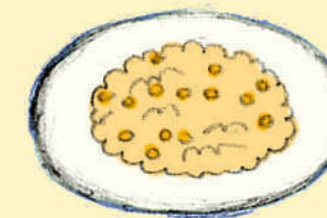
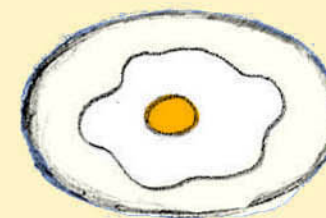
## How do they like their eggs?

These children like eggs cooked in different ways. Can you give them their breakfasts?

Fried egg, please!

Scrambled egg for me.

I like boiled eggs.

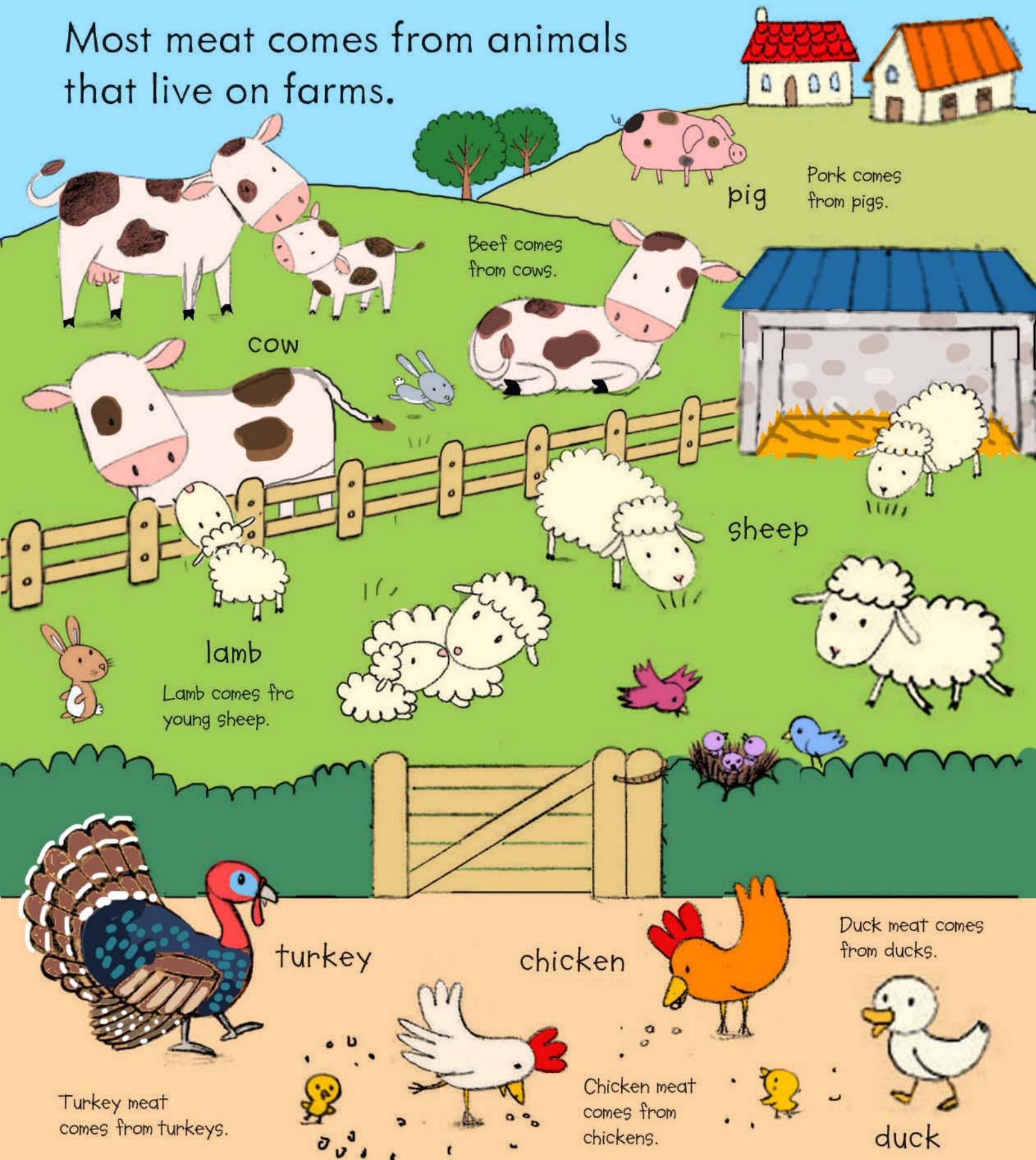


You can buy eggs in boxes of six or 12.

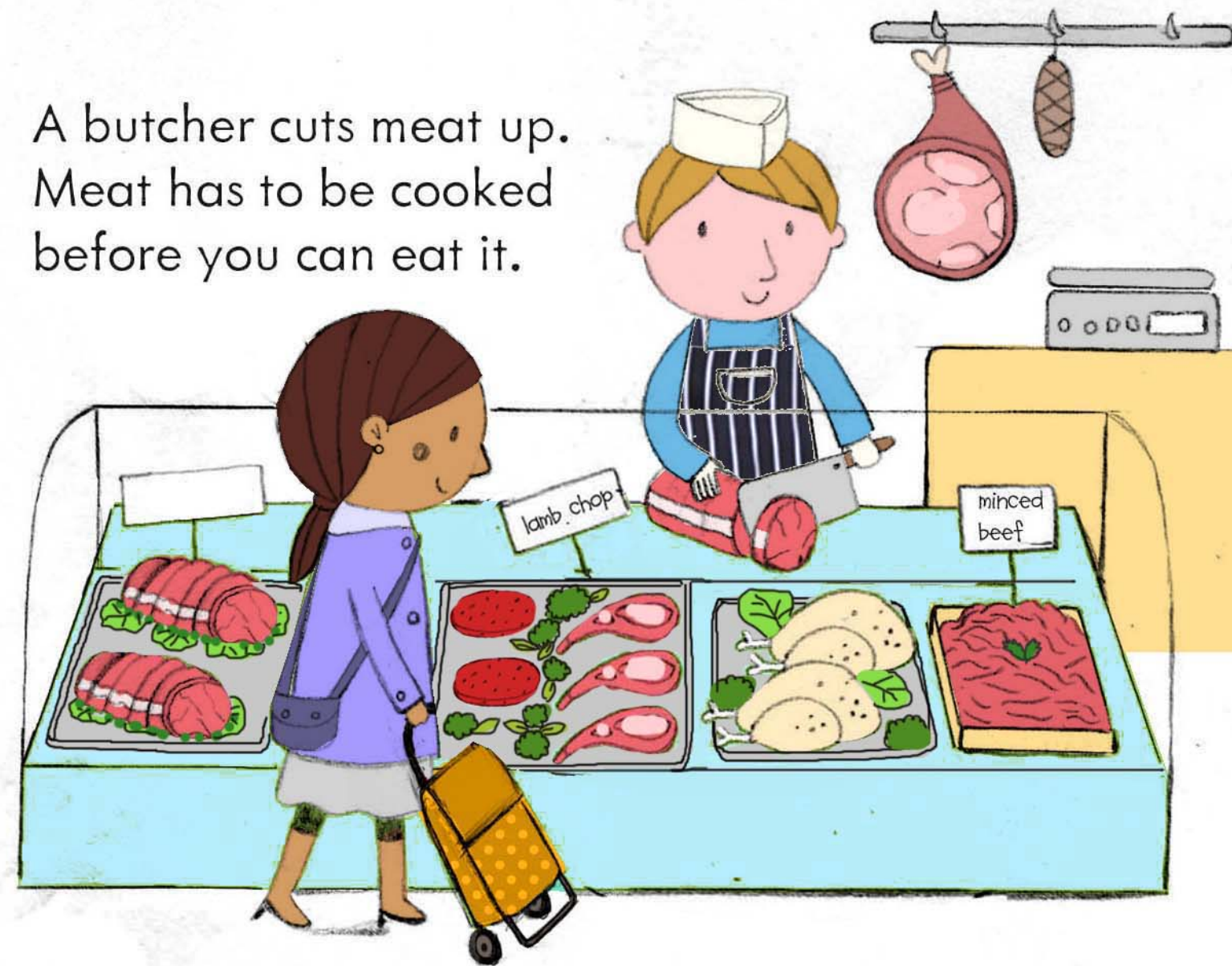


# Where meat comes from

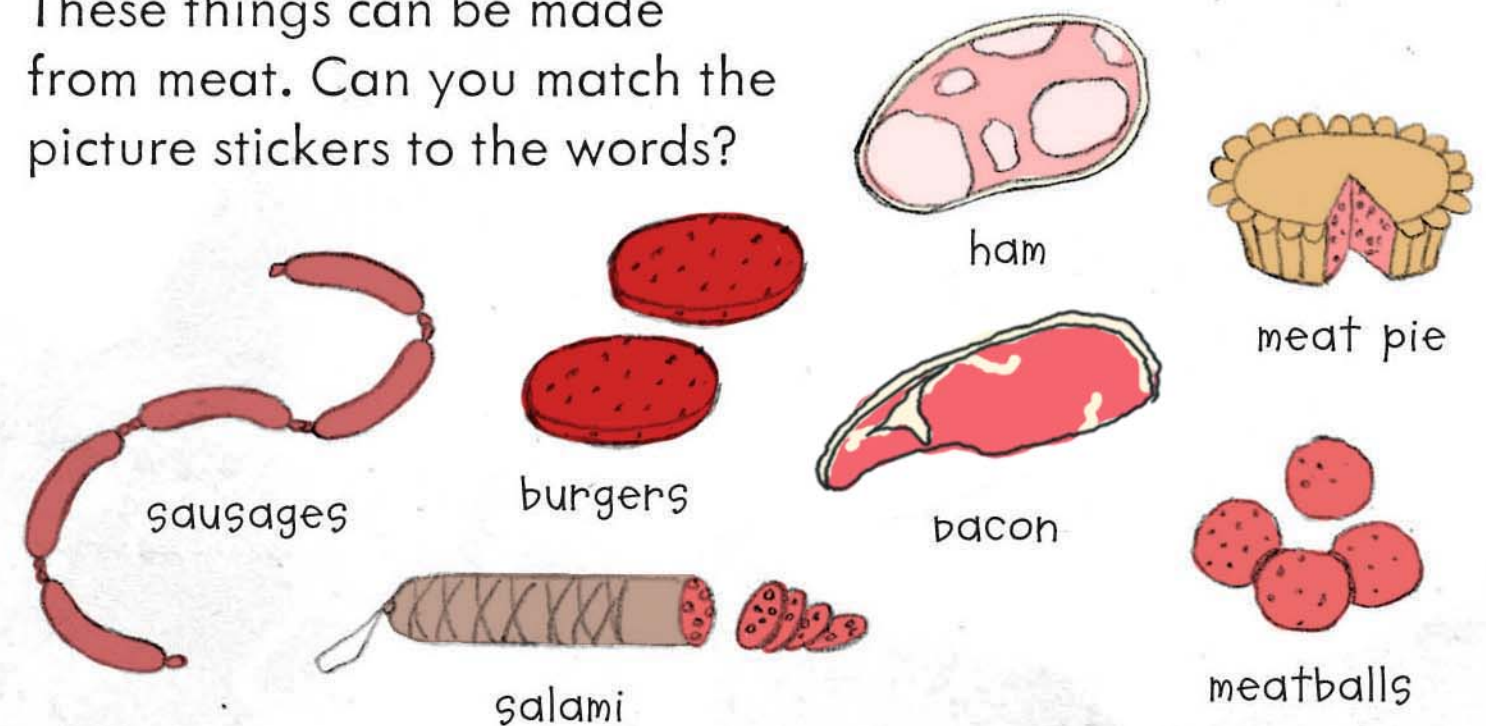
Most meat comes from animals that live on farms.



A butcher cuts meat up.  
Meat has to be cooked  
before you can eat it.



These things can be made  
from meat. Can you match the  
picture stickers to the words?



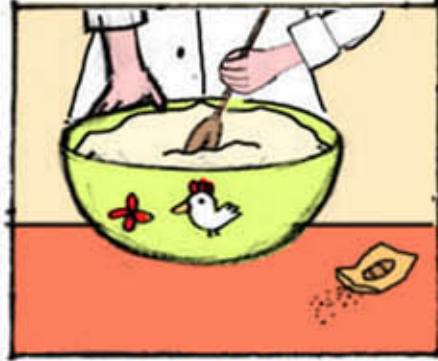


# Baking bread and cakes

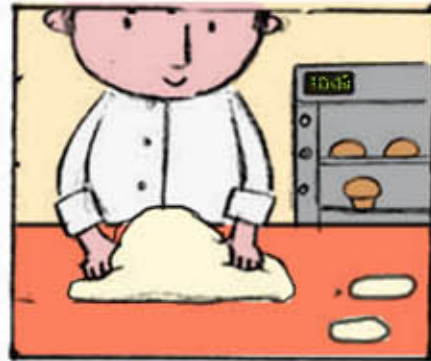
Bread is made mostly of flour. Flour can be made from a type of grass called wheat that farmers grow in fields.



Wheat seeds are ground up into a powder to make flour.



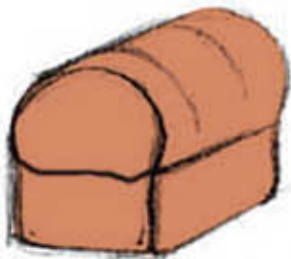
Bakers mix flour, yeast, water and salt together to make dough.



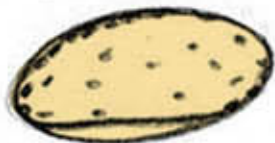
They knead dough, let it rise, shape it and bake it in an oven.

## Different kinds of bread

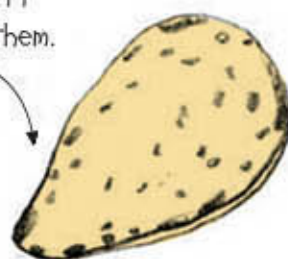
Have you ever noticed how many different kinds of bread there are? Add the pictures to these names.



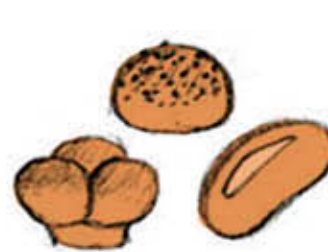
tin loaf



pitta



nan



croissant



baguette

Flat breads don't have yeast in them.

## Cake competition

Bakers make cakes from flour, butter, sugar and eggs. Then they add other flavours and toppings.



These cakes are in a competition. Use the stickers to show which you think should win 1st, 2nd and 3rd prize.



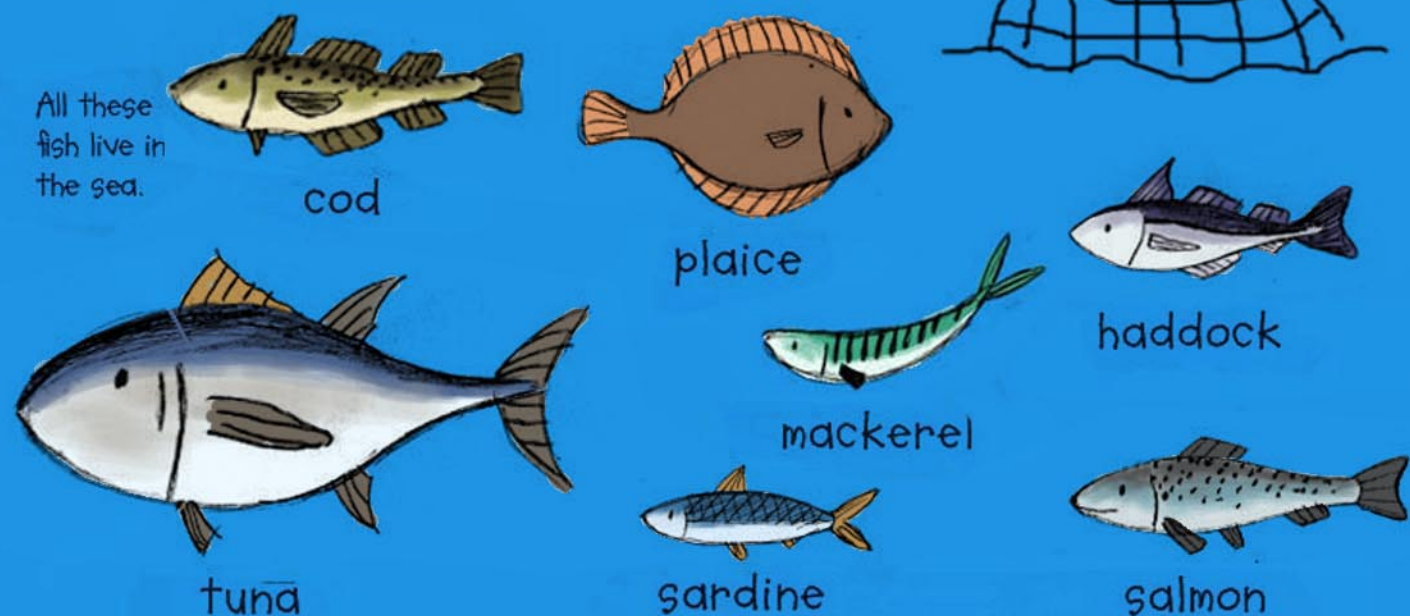
# Fresh fish and seafood

Most fish live wild in rivers, lakes and the sea, but some fish we eat come from fish farms.

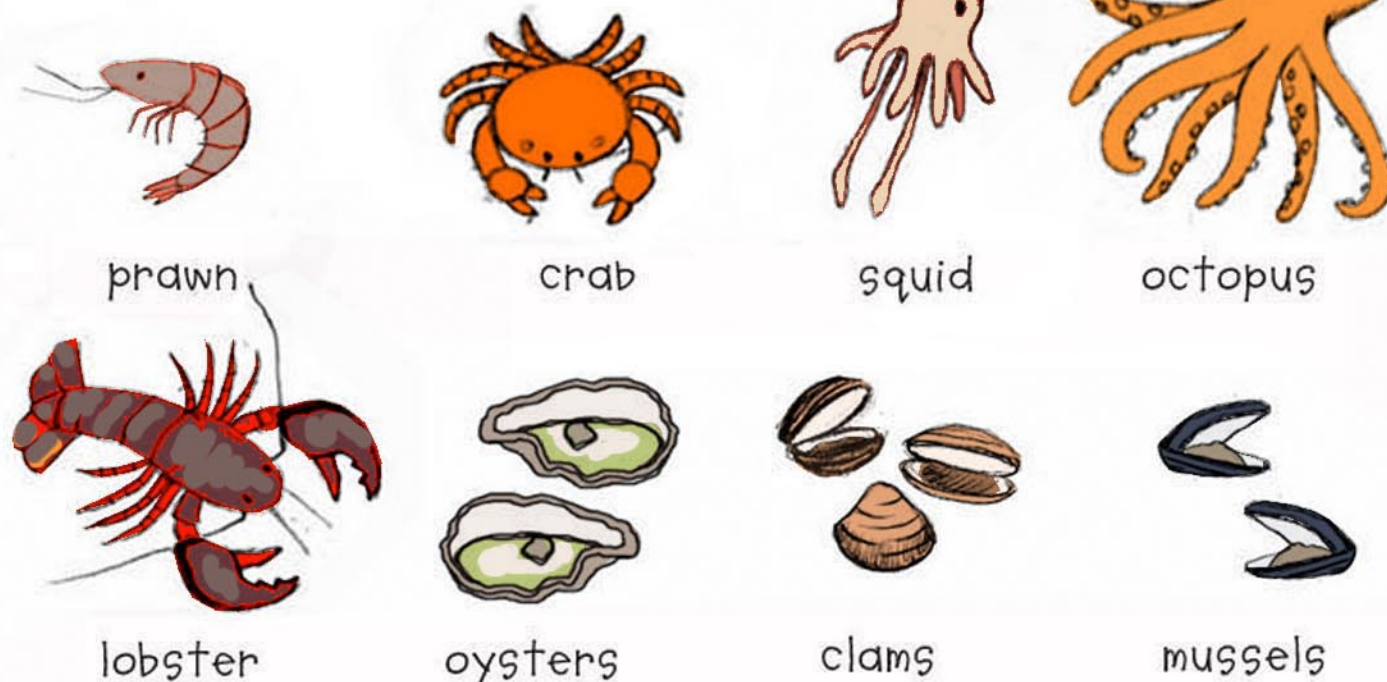
Fish live in the water and people use nets or fishing rods to catch them.



All these fish live in the sea.



There are many other things from the sea that you can eat. They are called seafood.



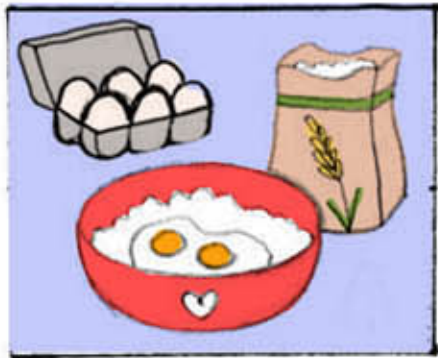
At this fish counter you can see many different kinds of fish and seafood.



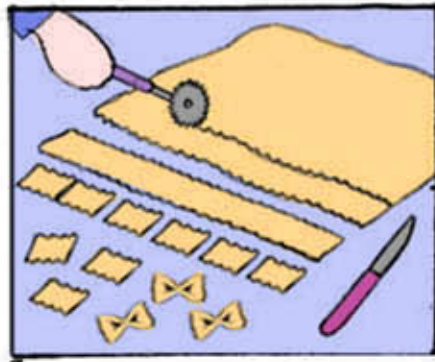


# What is pasta?

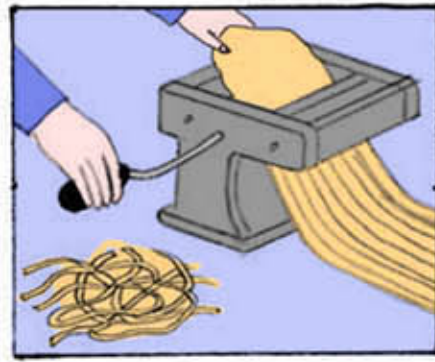
Pasta is made mostly from a type of wheat flour mixed with eggs or water.



To make pasta, you can mix eggs with flour and salt to form a dough.

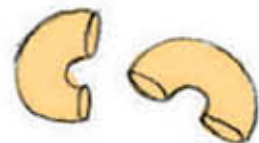


Then you roll the dough out until it is very thin and cut it into shapes.

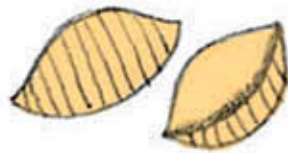


A pasta machine can help you roll the pasta out thinly and shape it.

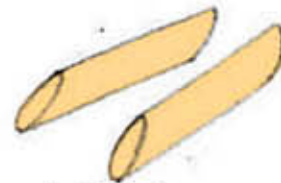
You can buy all kinds of pasta shapes to cook. The shapes have Italian names.



macaroni



conchiglie



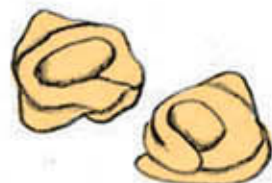
penne



rotelle

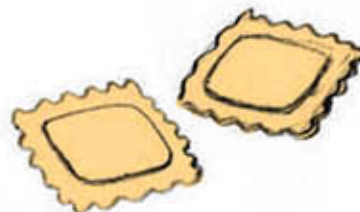


spaghetti



tortelloni

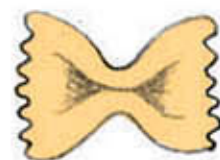
These types of pasta can be filled with meat or vegetables



ravioli



tagliatelle



farfalle

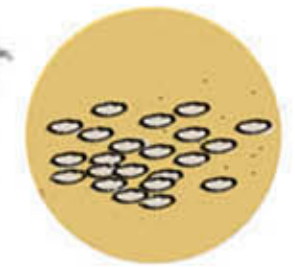


fusilli

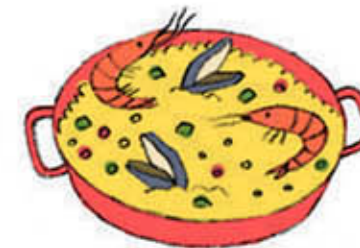
# How we get rice

Rice grows on plants. There are more than 8,000 kinds. Most grow best in shallow water in hot countries.

Add stickers to the names to show some things that can be made from rice.



Rice are the grains of a rice plant



paella



sushi



puffed rice cereal



risotto



rice cakes



Rice fields are called paddyfields

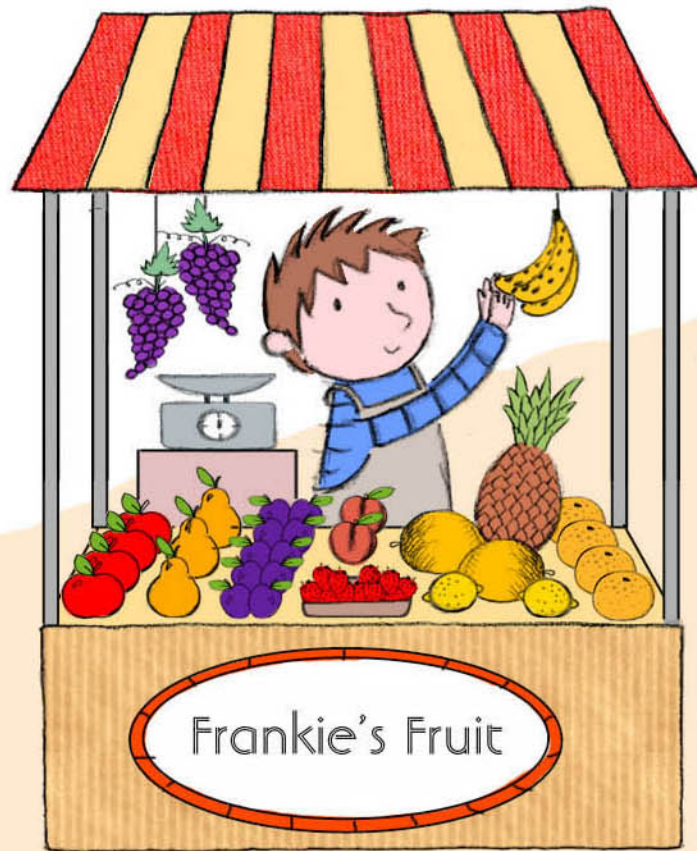
Rice farmers stand in the water to cut down rice plants. xxxxxxxxxx xxxxxxxxxxxxxxxx.





# At the market

This market sells all the foods you have found out about in this book. Can you add the right sign to each one?





# Storing food

You can buy food in a ...



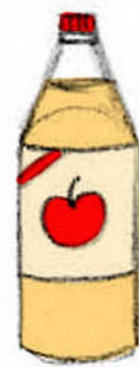
packet



tube



carton



bottle



can



tub



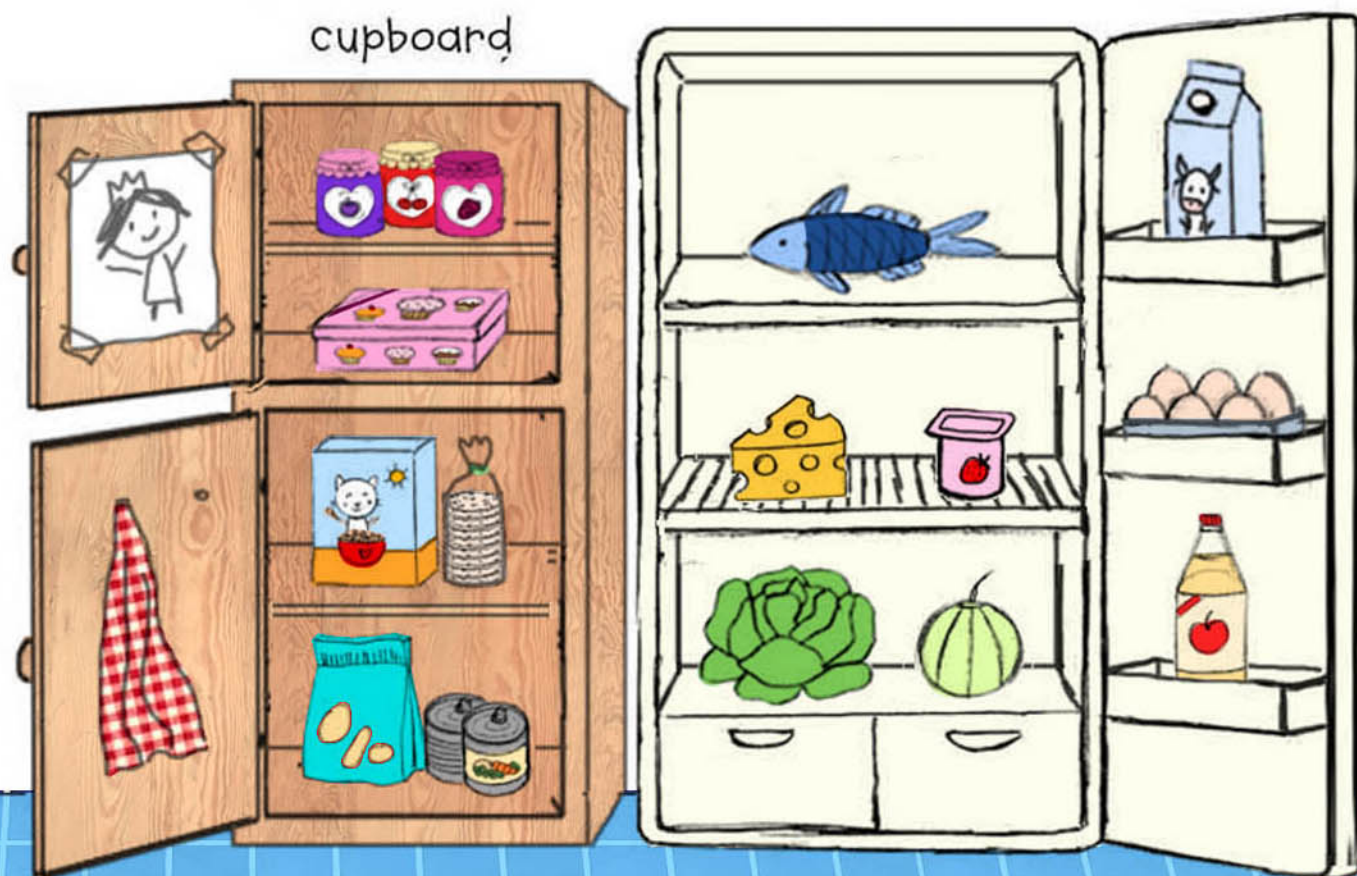
box



jar

Milk, fish and other fresh food needs to go in the fridge. Cans, jars and packets can go in the cupboard.

cupboard



# Cooking words



wash



peel



chop



grate



roll



mix



pour



beat



weigh



fry



pan



pot



rolling pin



scales



spatula



whisk



wooden spoon



knife



chopping board



bowl



grater



colander



# Making meals

Using the stickers, choose the foods you would like to eat....

What would you like to eat?

